

Are you prepared for a dental emergency?



Presentation 1



Toothache

- Rinse the mouth with warm water to clean it out.
- Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth.
- Never put aspirin or any other painkiller against the gums near the aching tooth. This could burn gum tissue.
- If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.



Knocked-out (avulsed) tooth

- Try to find the tooth! This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm.
- Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments.
- If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist.
- Time is critical for successful re-implantation, so try to get to your dentist immediately.



Broken tooth

- Rinse your mouth with warm water to clean the area.
- Use cold compresses on the outside of the cheek to help reduce the swelling.
- Get to the dentist as soon as possible.



Tongue or lip bites or wounds

- Clean the area gently with a clean cloth and apply cold compresses to reduce any swelling.
- If the bleeding can't be controlled, go to a hospital emergency room or clinic.
- You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.



Objects caught between teeth

- Try to gently remove the object with dental floss.
- Never use a sharp instrument to remove any object that is stuck between your teeth.
- If you can't dislodge the object with floss, contact your dentist.



Possible broken jaw

- Apply cold compresses to control swelling.
- Get to the hospital emergency room immediately.